



Flight Jacket

Vol. 5, No. 48

Marine Corps Air Station Miramar

December 5, 2003

3rd MAW's fallen heroes remembered



Marines who knew and worked with the deceased await the playing of "Taps" after they each hung their brothers-in-arms identification tags on the grip of their respective rifles. Photo by Cpl. Jeff Zaccaro

Story by Cpl. Jeff Zaccaro

MCAS Miramar Combat Correspondent

MARINE CORPS AIR STATION MIRAMAR, Calif. — The 3rd Marine Aircraft Wing held a memorial service Tuesday at their headquarters building here in honor of the 3rd MAW Marines who made the ultimate sacrifice during Operation Iraqi Freedom.

The event began with the solemn sound of "Amazing Grace" played on bagpipes by Maj. James Kennedy, Marine Medium Helicopter Squadron 161 executive officer, accompanied by the 3rd MAW band.

Immediately following the invocation by Navy Capt. Ulysses Downing, 3rd MAW chaplain, Cmdr. Frank Holley, also a chaplain with the 3rd Marine Aircraft Wing, read scriptures from the Holy Bible.

"I have seen the trials God has laid on men," he read. "He has made everything appropriate to its time. He has set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. I know that there is nothing better for men to be happy and do good while they live."

Major Gen. James F. Amos, 3rd MAW commanding general, then spoke to his troops, their families and the families of the deceased.

"... The cost of freedom has never been free," he said during the speech. "It is bought with the cur-

Fallen Marines of 3rd MAW

Maj. Jay T. Aubin, HMM-268

Capt. Ryan A. Beaupre, HMM-268

Staff Sgt. Kendall D. Waters-Bey, HMM-268

Cpl. Brian M. Kennedy, HMM-268

Lance Cpl. Thomas A. Blair, 2nd LAAD Bn.

Sgt. Fernando Padilla, MWSS-371

Capt. Aaron J. Contreras, HMLA-169

Sgt. Michael V. Lalush, HMLA-169

Sgt. Brian D. McGinnis, HMLA-169

Capt. Benjamin W. Sammis, HMLA-267

Capt. Travis A. Ford, HMLA-267

Capt. Andrew D. Lamont, HMM-364

Capt. Timothy L. Ryan, HMM-364

Staff Sgt. Aaron D. White, HMM-364

Lance Cpl. Jason W. Moore, HMM-364

rency of life. It is bought with the lives of husbands, of fathers, of sons, of grandsons, of friends. It is bought with the hard cash of our nation's Marines."

To conclude his speech, Amos noted, "Our country needs its Marines now more than ever. To the family members here with us today, the Marines are going back into Iraq. We are going to finish the work that your loved ones began."

An honor guard of Marines who personally knew and worked with

the deceased marched in and individually positioned themselves in front of M-16A2 service rifles, Kevlar and flight helmets and boots that symbolized the Marine they were there to represent.

As each of the 15 names of the deceased were read one by one, their fellow Marine rendered a salute and hung their brothers-in-arms identification tags on the grip of the rifle.

After the final roll call was complete, a plaque to be displayed



Maj. Gen. James F. Amos, 3rd Marine Aircraft Wing commanding general, speaks during the memorial service for the 15 Marines from his command who lost their lives during Operation Iraqi Freedom. Photo by Cpl. Jeff Zaccaro

in front of the 3rd MAW headquarters building, bearing the 15 names was unveiled, a 21 gun salute was rendered, helicopters from each of the fallen Marines' units flew a "missing man" formation overhead and "Taps" was played.

For Staff Sgt. Robert Scott, crew chief and maintenance controller with Marine Medium Helicopter Squadron 364, the memorial

ceremony was a much-needed event to honor his friend and co-worker, Staff Sgt. Aaron D. White.

"He was a good Marine, and even as a staff sergeant he always strived to be one step better in everything he did," Scott said. "This ceremony was a very appropriate way to finally give a lot of people a chance for closure."

Inside

Weekend forecast from Miramar's weather station



66° / 52°
Today



67° / 51°
Saturday



64° / 55°
Sunday

Miramar personnel 'Convinced'



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Marine bodybuilders pump it up



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Miramar Mail



Why is the Entertainment Ticket Office not open on weekends and holidays?
Staff Sgt. Joe Mares, assistant radio chief, MASS-6

The main ticket office located in building 2524, near McDonalds and the bowling alley, was previously open on Saturdays, and when the entertainment ticket limited office, located at the Exchange complex, opened in September 2002 it took over the weekend shift from the main office. The limited office is now

open on Saturdays, Sundays and most holidays. Although the limited office does not offer all the services as the main office, it is a Ticketmaster outlet, and does offer tickets and vouchers to a lot of popular hotels, amusement parks and attractions.



Maj. Gen. Jon A. Gallinetti

Editor's note:
E-mail your questions to the Commanding General, Marine Corps Air Station Miramar at: ombpaoflight@miramar.usmc.mil

Navy Federal Credit Union replaces Patriots

Story by Sgt. W.A. Napper Jr.

MCAS Miramar Combat Correspondant

MARINE CORPS AIR STATION MIRAMAR, Calif. – Patriots Federal Credit Union officials recently announced an operating agreement to turn two of its branches over to Navy Federal Credit Union.

The two branches, here and at Marine Corps Air Station Yuma, Ariz., will fly a new banner over their doors this month.

At the Miramar branch, both credit unions began operating at the current Patri-

ots' building Dec. 1. The joint operation will last throughout December, and by Jan. 1, 2004, the branch will be a Navy Federal Credit Union branch office.

"Wonderful things are going on here," exclaimed Bernadette Perdue, PFCU Miramar branch manager. "Patriots has not changed at all. We will offer all the same services to our customers, but we are transferring the lease over to Navy Federal."

Both credit unions are emphasizing the ease of the transition to provide their customers with the least amount of stress and

burden. According to Barbara Smith, Navy Federal Credit Union field operations regional manager, the biggest changes to the branch will be mostly cosmetic. In addition, Patriots customers will now have the opportunity to become Navy Federal customers, and Navy Federal customers can become Patriot customers.

"A few months ago we had a change to our charter," she said. "Now all Department of the Navy personnel or those assigned to Navy commands are eligible for membership. The ATMs will change, but all employ-

ees here are offered Navy Federal employment to provide continuity to the customers."

Perdue, who will become the branch manager of Navy Federal once the transition is complete, said Patriots customers can still gain access to the credit union at www.mylcu.com, for home banking, paying bills and the rest of Patriots' services. Both credit union officials said they are pleased with the transition.

"Navy Federal is just thrilled to be here," said Smith.

CFC campaign breaks \$242,000

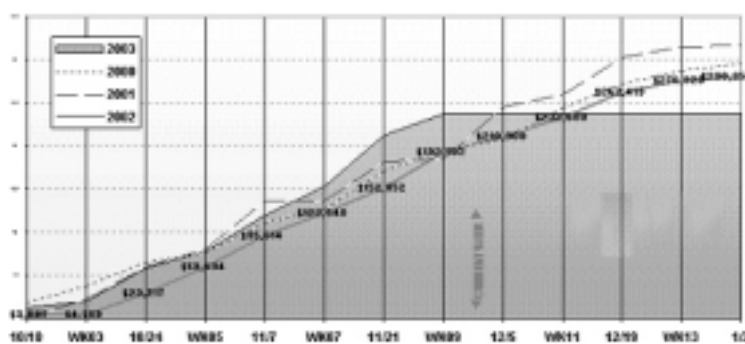
Compiled by CFC

MCAS Miramar

The Combined Federal Campaign is an efficient charity drive because volunteer servicemembers and federal employees make up a majority of the manpower effort to conduct the campaign.

So far this year Miramar units have raised \$242,000 due to each activity in the campaign working as a team. Each Miramar activity coordinator believes they can do better than the previous years' campaign.

Miramar is in the last two official weeks of the Combined Federal Campaign, and have had some major successes recorded in the past couple of weeks.



Miramar's latest Combined Federal Campaign results.

CFC coordinators Navy Lt. Tracie Zielinsui of 13th Dental Company and 1st Lt. Sean F. Robertson of Marine Air Control Squadron 1 Detachment B are the first Miramar activity coordinators to achieve the bronze level during Miramar's 2003 campaign. When

50 percent of each command or unit donates one hour's wage per month they earn the bronze level status.

The Miramar Campaign does not have financial goals,

See **CFC**, page 11

Upcoming 2004 Presidential election

Gen. M.W. Hagee

Commandant of the Marine Corps

The right to vote is one of our most important civil liberties. Moreover, voting is an obligation that accompanies and protects the freedoms we enjoy. Since the birth of our nation, Americans have understood their obligation as citizens to vote. By exercising their right to vote and by meeting their obligation to express themselves with the ballot, Americans have preserved our democratic system. We must continue to encourage all eligible Marines, civilian Marines and their family members to continue to exercise their right to vote and be heard.

The mission of the Marine Corps Voter Registration Program is to ensure that every eligible Marine, civilian Marine, their eligible family members, and other personnel attached to, or serving with

Marine Corps units are afforded the opportunity to vote. Past election statistics and recent Inspector General visits indicate there is room for improvement within our Corps regarding voter registration. We must do a better job encouraging everyone eligible to register and providing them the information and tools to do so. This mission is important during 2004, as it is a Presidential election year. Voting Assistance Officers (VAO) are leaders appointed by their commanders to educate, train, and inform members of the command and their families about voting procedures. Commanders at all levels should support and encourage the efforts of VAOs and ensure adequate time is provided for training. With the active support of commanders, VAOs can ensure all eligible personnel have the infor-

See **Election**, page 11

Flight Jacket

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Commanding General
MCAS Miramar

Maj. Gen.
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Commanding General
3rd Marine Aircraft Wing

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Lance Cpl. F.J. Sayas
Combat Correspondents

A day that will live in infamy

Pearl Harbor, December 7, 1941, remembered

Story by Staff Sgt. Risa Carpenter

MCAS Miramar Combat Correspondant

MARINE CORPS AIR STATION MIRMAR, Calif. – “Yesterday, Dec. 7, 1941 – a date which will live in infamy – the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan.”

President and Commander-in-Chief Franklin D. Roosevelt delivered these famous words in a speech to the United States Congress and American people on Dec. 8.

There is, perhaps, no other incident in military history that has been so painstakingly chronicled as the Dec. 7 attack on Pearl Harbor by the Japanese.

“The first enemy contact of 7 December, 1941, is believed to have been made at 0350, when the Condor sighted the periscope of a submerged submarine,” according to the report on the Japanese Raid on Pearl Harbor written by Adm. Chester W. Nimitz, Commander-in-Chief of the United States Pacific

Fleet, to the Secretary of the Navy on Feb. 15, 1942.

The USS Condor was conducting sweeping operations nearly two miles to the southwest of the entrance buoys to Pearl Harbor when the periscope of the Japanese two-man submarine was sighted. The USS Condor consequently informed the USS Ward via visual signals of the infiltration.

The Japanese midget raider was believed to have been tailing the USS Antares, into Pearl Harbor when it was sighted by the USS Condor and subsequently destroyed by the USS Ward at 6:40 a.m.

The schedule followed by the Japanese did not allow the Americans the much-needed time to determine the significance of the submarine sighting before the Japanese bombardment began. The first wave of enemy warplanes was dispatched at 6 a.m. from Japanese carriers nearly 200 miles north of Pearl Harbor. Once the carriers were within 30 miles of the Naval Station, at 7:45 a.m., the second wave of Japanese fighter planes



This Japanese model of Pearl Harbor, showing ships located as they were during the Dec. 7, 1941, attack, was constructed after the attack for use in a motion picture. The original photograph was brought back to the U.S. from Japan at the end of World War II by Rear Adm. John Shafroth. Photo from the collection of Fleet Admiral Chester W. Nimitz, U.S. Naval Historical Center photograph

took off.

A radar on the Naval Station detected the Japanese planes while they were inbound, but the report of the planes was thought to be an error and immediately disregarded until 7:55 a.m., when the Navy Yard Signal Tower telephoned Nimitz with the most important message of the morning, “Enemy Air Raid – Not a drill.”

As soon as the message was delivered, Japanese dive-bombers and fighter planes

began to attack approximately 100 U.S. battleships moored in the harbor or patrolling nearby as well as local airfields.

The peaceful calm of a tropical Sunday morning was interrupted at 7:55 a.m. and would not begin to wane until 9:45 a.m., nearly two hours after the initial attacks began.

During the first fifteen minutes a monu-

See **Infamy**, page 11



Gallinetti frocked to major general

COALITION JOINT TASK FORCE SEVEN HEADQUARTERS, BAGHDAD, Iraq – Maj. Gen. Jon A. Gallinetti is congratulated by Gen. Peter Pace after receiving his second star Nov. 23 in the Joint Operations Center, Coalition Provisional Authority Headquarters, Baghdad, Iraq.

In a moving part of the ceremony, Gallinetti, commanding general of Marine Corps Air Bases Western Area and Marine Corps Air Station Miramar, provided remarks to his staff on the mission in Iraq.

“We are involved in the most important mission in the world right now and it’s a real honor to be with you,” he said. “We will win this war and secure the peace in Iraq.”

Gen. Pace, Vice Chairman of the Joint Chiefs of Staff, administered the oath of office and promoted Gallinetti to the rank of major general. Lt. Gen. Ricardo Sanchez, commanding general CJTF-7, along with Pace, pinned two silver stars on each collar of his uniform.

Gallinetti, currently deployed in support of Operation Iraqi Freedom as the chief of staff, Coalition Joint Task Force 7, also spent a couple of personal moments with his family via live teleconference as they congratulated him on his promotion. *Photo by Maj. Peter B. Davis*

Miramar K-9 wins 'Top Dog' award

Story by Lance Cpl. Paul Leicht

MCAS Miramar Combat Correspondant

MARINE CORPS AIR STATION MIRAMAR, Calif. — One of the Marine Corps' best article-search dogs here was awarded grand champion in the 15th Annual Tucson Area Police K-9 trials held Nov. 14 through 16 in Tucson, Ariz.

The "top dog" award was won by Cconnor, a Belgian Malinois born and trained at Lackland Air Force Base, San Antonio. Cconnor has impressed his handlers at the Miramar Provost Marshal's Office ever since his arrival in December 2001.

"Cconnor is simply an amazing work dog," said Sgt. Thadaile Murray, 25, training noncommissioned officer, Miramar PMO, and Cconnor's handler. "He won the most trophies out of all the dogs that went to the competition."

In addition to winning the grand champion 1st place trophy for overall "top dog," Murray said Cconnor also won 3rd place in building search, 4th place in handler detection and 5th place in narcotic detection.

Murray explained that he and Cconnor had never gone to the Tucson trials to compete for "top dog" before and they were part of the only Marine team that included Dallas native Lance Cpl. Latosha M. Delgado, K-9 handler, Miramar PMO, with her working dog Freddy.

"Delgado's scores combined with ours and as a combined team won Miramar PMO the first place trophy for "top agency," in addition to the fifth place trophy for narcotics agency," Murray said. "Our program manager called after he heard we won and congratulated us on our performance at the competition. We were really happy about that."

Held at Hi Corbett Field at Reid Park in Tucson, Ariz.,



Sgt. Thadaile Murray, training noncommissioned officer, Provost Marshal's Office, and Cconnor (left) sit with Lance Cpl. Latosha M. Delgado and Freddy, showing off their competition trophies. Photo by Lance Cpl. Paul Leicht

the three-day competition included more than 73 patrol dogs, including 53 specialized in detection. The event hosted working dog handler teams from various local, state and federal law enforcement agencies, in addition to area police departments, state troopers, corrections officers, Indian reservation police, U.S. Customs Service, Department of Public Safety, as well as other active duty military services, according to Murray.

Working dogs and their handlers competed in six events at the trials, including building search, handler protection,

tactical obedience, area search, agility and narcotics/explosives detection, explained Murray.

Impressed by his exceptional skills as a working dog, as well as the power and accuracy of his bite during decoy events, everyone at the competition gave Cconnor a standing ovation after his performance during the award ceremony, said Murray.

"In actuality we could have done even better than we did, but we went on short notice," said Murray. "I knew that we could do it and win as a team."



Much of the fire damage done by the recent San Diego wildfires is seen here along the hillside near the rifle range located on Camp Elliott. Photo by Cpl. Kristen Tull

Multi-million dollar rifle range inoperable due to San Diego fires

Story by Cpl. Kristen Tull

MCAS Miramar Combat Correspondant

MARINE CORPS AIR STATION MIRAMAR, Calif. - The San Diego wildfires that stretched across Camp Elliott, located east of Miramar, did approximately \$1 million worth of damage to the multi-million dollar rifle range. The land is charred on all sides of the range grounds, but nothing is charred inside the gates.

"It literally split the range," said Chief Warrant Officer 2 Timothy Brewer, Miramar range officer.

Although 10 number boards at the 500-yard line burned and slid down the hill, a majority of the damage came from intense heat.

"The rubber targets closest to the fence melted off," said Brewer.

The fiber optic cameras, used by the Provost Marshal's Office to monitor the range during the off hours, melted as well as the wires used to transmit the electricity used to run the range.

"This range relies completely on electricity, without that, I can't operate the range," said Brewer. "It's intermittent right now, work-

ing one minute, and then it's down for the next few hours."

Besides the cost of repairs, the fires severely interrupted training.

"So far training has been put back four details."

According to Gunnery Sgt. Cedell Morris, Marine Air Control Group 38 training chief, his Marines have been pushed back three weeks on the pistol range and two months on the rifle range.

According to Brewer, the range should be up working in the next few weeks. For more information contact your training office.



Energy tips: Retrofit Lighting

Convert T12 lights and magnetic ballast to T8 lights and electronic ballast, and install occupancy sensors, which can reduce lighting costs by up to 40 percent.

Convert hallway and non-public security lighting to energy saving 25-watt T12 bulbs.

Convert television surveillance cameras to newer equipment, which may not require floodlighting.

Holiday 'Convincer'

Campaign urges team Miramar to buckle up

Story by
Cpl. James S. McGregor

MCAS Miramar Combat Correspondant

MARINE CORPS AIR STATION MIRAMAR, Calif. – Members of the Miramar Safety Division and Provost Marshal's Office worked with members of the San Diego Police Department and California Highway Patrol to "convince" service and family members here to buckle up this holiday season when they conducted a seat belt check Nov. 25 near Marine Corps Air Bases Western Area Headquarters.

During the check all passersby were checked for seat belt wear, and those not buckled up were given an opportunity to take a ride in the "Convincer" – a machine used to simulate a car crash at 7.5 mph. The end compliance rate was more than 96 percent. Although it

was not the 100 percent some had hoped for, it was certainly a satisfactory number for Lt. Col. Robert M. Zeisler, director of safety, MCABWA.

"Today we have a checkpoint set up to see what the compliance rate is aboard the Air Station," Zeisler said. "Last week we conducted three check points and experienced a 93 percent compliance, which is good, as the national average is about 68 percent."

Zeisler added the many contributing factors to the importance of conducting the campaign and seat belt check at this time of year.

"Unfortunately over the last four years a majority of the deaths and injuries in vehicle mishaps were due to Marines not wearing seat belts. Today we're trying to get positive reinforcement so they'll wear their seat belts," Zeisler explained. "It's important to do this now because the holidays are the busiest time of the year. The 96 boundaries are expanded for Christmas and New Year's, and the risks go up with more people on the roads."

Chief Skip Carter of the CHP

added his own reasons for the significance of Click It or Ticket.

"In California we have almost a 92 percent (compliance) rate, which is best in the nation, but what bothers me is parents who don't properly restrain their children," Carter said. "This is the holiday season and we're going to have a lot of people driving – San Diego is the fifth busiest place during this time so the traffic will be busy, and hopefully we can do this and not have any fatalities this year."

Carter said the campaign and seat belt checks in the long run would make jobs immensely easier for all members of law enforcement. He added his appreciation for being a part of the campaign.

"As a former Marine, I love coming on bases, and I also feel no one can do this alone," Carter said. "To partner up can help the cause, as people still have to comply out there. It's too bad we can only do this campaign for two weeks, but this is something that's going on all the time – Marines are checking seat belts at the gates and it's the same out there. We're always looking."



Col. Paul C. Christian, chief of staff, Marine Corps Air Bases Western Area, gets 'convinced' to wear his seat belt while taking a voluntary ride on the 'Convincer' here, Nov. 25. Photo by Cpl. James S. McGregor

NMCRS offers bridge loan to cover housing allowance

Story by Sgt. J.L. Zimmer III

MCAS Miramar Combat Correspondant

MARINE CORPS AIR STATION MIRAMAR, Calif. – Need money for housing, but need it right now?

If so, stop by the Navy Marine Corps Relief Society in building 2273 and talk to one of the volunteers there to assist personnel in receiving a same-day advance for housing allowance.

According to Luz Terry, chairman of vol-

unteers for the NMCRS, the bridge loan program speeds up a process that can take weeks.

"Establishing a household in a new area can be expensive," said Terry. "To offset this, servicemembers may draw an advance of basic housing allowance."

The loan is available to servicemembers who are newly married, lived in the barracks but now receive BAH, or servicemembers who are in a permanent change of duty station status.

"A bridge loan is for the purpose of filling in the gap between the servicemember receiving the advanced BAH and the need to move into a new house," she said. "This loan is a check written in the same amount of the BAH and is written to the housing development or landlord."

Terry also said the only way to receive the bridge loan is with the approval of the finance office, the servicemember's commanding officer and their sergeant major.

"The letter from the unit sergeant major is an agreement the servicemember signs promising to pay back the loan," she said. "If not, the money will be taken back in a three-month allotment which can be more than \$400 a month in some cases."

According to the finance office here, the loan is interest free and is there to assist the servicemember.

"The loan is there to defray the cost of

moving expenses," said Lance Cpl. Jennifer C. Arredondo, finance clerk, Headquarters and Headquarters Squadron. "It can be deducted monthly at no-less than \$100 per month."

The ability to use advanced BAH more than once is up to the servicemembers' chain of command.

Terry said that a growing family is one example of using the loan more than once in a four-year tour at the same duty station.

Terry hopes more Marines and Sailors will use the program because financial difficulties are one of NMCRS's biggest issues.

"The goal of this loan is to let people know what is out there for them," she said. "We want them to get everything together and come to us so we can help them."

For more information on advanced loans, contact NMCRS at 577-1807, or the finance office at 577-6980.



Gas, gas, gas ... and more gas

Two U.S. Marine CH-53E Super Stallion Helicopters from Marine Heavy Helicopter Squadron 361 along with a KC-130 Hercules aircraft of Marine Aerial Refuel and Transport Squadron 152 conduct an aerial refueling off the coast of the Republic of the Philippines Oct. 8 in support of Exercise Talon Vision 2004. The CH-53Es went on to insert U.S. and Filipino reconnaissance Marines into the ocean to conduct amphibious landing training.

Exercise Talon Vision is a bilateral training exercise designed to improve and maintain the interoperability, combat readiness and professional relationship between the U.S. and Philippine Armed Forces. Photo by Cpl. M. Stew Allen

Special Operations: The

Miramar hosts History Channel production of reenactment of Vietnam covert operation

Story by
Cpl. James S. McGregor

MCAS Miramar Combat Correspondant

MARINE CORPS AIR STATION MIRAMAR, Calif. – Filmroos Production reenacted events of the Son Tay Raid of the Vietnam War at the Flying Leatherneck Museum here Nov. 21.

The reenactment was filmed for the production of a historical documentary that is set to air on the History Channel in Spring 2004.

The lead man on set was Tim Prokop, writer and producer for Filmroos. He said the Son Tay Raid, which took place Nov. 21, 1970, had been decided on because of its impact in Vietnam and on military operations, as well as its relative lack of recognition by members of younger generations.

“The Son Tay Raid has been studied and analyzed, but in civilian circles no one knows about it,” Prokop explained. “So as an event in history, the story is very rich and deep. It gives us a lot to work with, and people can understand it on a personal level,” the Detroit native added.

Although many people have considered the raid a failure, Prokop said it had a tremendous effect on the war and American covert operations.

“It was a perfect operation, but failed to bring back (prisoners of war) – I don’t call it a failure because there were no POWs there. It was an intelligence failure, but how they operated was a great success,” Prokop said. “The raid was effective in proving to the North Vietnamese that America could strike far into their territory. It also changed the conditions and improved morale for POWs. It was the first large-scale covert operation in Vietnam – some tactics used were unheard of, such as single point night scopes.”

The raid used older CH-53 helicopters like the one displayed at the museum, Prokop’s reason for filming aboard Miramar. He added other advantages offered by working at the Air Station.

“We needed the helos here, and the 53 is a hard bird to find. The helos here are in great condition and critical to telling the story,” Prokop said. “Coordinating what

we had to do with the station and museum was quick and smooth. Tom (O’Hara, museum curator) was great to have on set, as he was a helo pilot himself. We’ve had excellent support and I couldn’t be happier.”

Tom O’Hara, a former CH-53 pilot, helped the production by providing the stage, displayed helicopters, minimal equipment and technical assistance. He said he enjoyed working with the production crew because he knew it would have a positive impact on the museum and Air Station.

“Having them here brings attention to the museum and helps make people realize the value the museum has historically in present day,” O’Hara explained. “The things the museum represents get shuffled in life, and production will give us our PR and show recognition of the importance of the museum. Anything we can do to portray the base and Marine Corps in a good way is what we’re here for,” the Pittsburgh native added.

Prokop concluded, saying the filming was a great success – much of it due to the ability to work with



Filming at night, the production crew used a fog machine, flashing lights and weapons loaded with blank rounds to make the set realistic. Photo by Sgt. Richard J. Kulleck

the Air Station and museum in using displayed helicopters.

“As a documentary filmmaker you’re constantly struggling with working to make the best show possible with little money to work with,” Prokop said. “From what

(the Department of Defense) made available to what the military bases allowed throughout the process, it all made it easier to tell the story.”

Read next week’s *Flight Jacket* for the history of the Son Tay Raid.

Safety billets available to eligible Staff NCOs

Story by Sgt. J.L. Zimmer III

MCAS Miramar Combat Correspondent

MARINE CORPS AIR STATION MIRAMAR, Calif. - Headquarters Marine Corps Safety Division recently sent out a Marine Administrative Message, referencing Marine Corps Order 1560.21D, informing staff noncommissioned officers of an opportunity to fill a much-needed billet throughout the Corps.

According to an e-mail received from Staff Sgt. Margaret Blunt, safety staff noncommissioned officer-in-charge, HQMC Safety Division, any SNCO not currently in a special duty assignment billet interested in the Staff Non-Commissioned Officer Degree Completion Program must have 3 years left on their contract or be willing to commit to another 3 years once they begin the billet assignment.

"The degree completion program is important to SNCOs because it offers the opportunity to Marines that are selected for the program to go out and complete their degree and then possibly use their education to help the Corps in different areas (such as) family service centers, base education offices and base safety offices," said Blunt.

"There are currently 55 billets included in the program and the positions vary in education, safety, accounting and psychology," she said.

Blunt added that after selection into the program, Marines must complete their degree within 18 months.

"If a Marine is selected from the board, they will have 18 months to complete their degree and then will have to be in the assigned billet for three years," said Blunt, a 17-year-veteran of the Marine Corps and 36-year-old Greenville, Miss., native.

Staff Sgt. Toby Hammett, safety SNCOIC Marine Corps Air Bases Western Area, has been in the program for nearly a year and has enjoyed it.

"I already had two years of college when I applied to the program," the 35-year-old Orlando, Fla., native said. "The Marine Corps gave me another year to complete my degree on my own."

During that year, Hammett was still on active duty, but was released from his MOS to complete his degree.

"While you are in school completing your degree, you are still on active duty, but you do not receive any tuition assistance," said Hammett. "You have to use your Montgomery GI bill or your own money."

Hammett's job responsibilities are not easy and they keep him busy.

"The biggest part of my job is to inspect all the buildings that are worked in," he said. "We have to provide everyone on this base a safe and healthy working environment."

Hammett feels there is nothing better to offer a SNCO who wants a degree and a good billet.

"If you are a SNCO and want to complete your college degree, this is the thing to do," he said. "There is no beating this program."

Blunt has a concern for the SNCODCP because there are not enough qualified Marine SNCOs to fill the billets.

"If we do not support the billets that were set up for the program I am certain they will be moved or taken

"While you are in school completing your degree, you are still on active duty, but you do not receive any tuition assistance. You have to use your Montgomery GI bill or your own money."

Staff Sgt. Toby Hammett

away," she said. "If more SNCOs knew about the program early on in their careers they could make themselves eligible for the program."

For more information on the SNCODCP, contact Staff Sgt. Margaret Blunt at HQMC at (704) 614-1202/2423, or by e-mail at BluntMR@hqmc.usmc.mil.

Choose to be tobacco free

Story by Cpl. Tara Smith

MCAS Miramar Combat Correspondent

MARINE CORPS AIR STATION MIRAMAR, Calif.- Hypnos was the Greek god of sleep. However, hypnotherapy isn't a passive a way to attack a problem. It isn't like catnapping your way to a tobacco-free lifestyle.

Semper Fit sponsored a hypnotherapy

session on tobacco cessation in an effort to help those wanting to quit. The conference room at the Marine Corps Air Bases Western Area headquarters building accommodated those who were willing to "commit to quit" using tobacco products, but were having trouble accomplishing their goals. Bryan McDaniel, certified clinical hypnotherapist, lead the class.

McDaniel explained he could not make

anyone quit smoking, "You have to want to quit smoking for the class to work."

Hypnosis isn't mind control stated McDaniel. Hypnotherapy provides the opportunity for a person's psyche to become more receptive to a message. According to McDaniel, people don't lose control or consciousness while under hypnosis. They simply relax to a state where they process information and messages more deeply.

Part of the message attendees received was to confront their reasons for using tobacco products. They were asked to imagine the sight, smell, taste and sound of smoking or dipping. Eventually, the image fades, as does their desire to use the product. The participant is also presented with the idea of what it would be like to witness a loved one ingest poison. This is an analogy of what it might be like for their loved ones to watch them use tobacco.

Cpl. Jon Shiflett, Lansing, Mich., native and Marine Wing Support Squadron 372 small computer systems net worker, explained his reasons for wanting to give up smoking, "It is expensive and you constantly stink."

McDaniel's interest in wanting to help Miramar Marines realize the adverse affects of tobacco use goes beyond being a concerned professional. McDaniel is a retired master sergeant of Marines and was stationed at Miramar from 1999 to 2001.

McDaniel explained although he does not smoke, some of his family members did. He said this provided extra incentive for him to help others kick the habit.

Over all, the goal is to keep Marines healthy and safe, added McDaniel.

Semper Fit is seeking cooperation from the participants of the event to evaluate the effectiveness of the program. Staff members will be asking those in attendance about their experience in order to improve smoking cessation programs.

The Semper Fit staff also pointed out that hypnotherapy does not work for everyone. However, that is no reason to give up on beating the habit. Semper Fit provides other avenues of approach for quitting tobacco products.

For more information contact the Health Promotion Office at 577-7963 or 577-1331.

Use your appliances wisely

To help prevent electricity outages, avoid running your appliances during peak hours - from 4 to 6 p.m. - or anytime an electricity emergency is declared.

Do laundry more efficiently by using warm or cold water settings for washing your clothes. Always use cold water for rinsing clothes.

Line dry clothes whenever you can. When you need to use the clothes dryer, run full loads, use the moisture-sensing setting, and clean the lint trap after each use.

Conserve energy by running your dishwasher only when it is fully loaded, and turn off the dry cycle and air-dry the dishes instead.

Pump it up!

Miramar Devil Dogs develop trophy-winning bodies

Story by Cpl. Jeff Zaccaro

MCAS Miramar Combat Correspondant

MARINE CORPS AIR STATION MIRAMAR, Calif. — Devil Dog Development, the Air Station's competition bodybuilding club, made a trip to Redondo Beach, Calif., Nov. 15 to take part in the Muscle Mania Natural World Championship.

Lance Cpl. Jeremy Goco, Staff Sgt. Stephan Williams and Gunnery Sgt. Philip Ricardo, the three Miramar competitors, spent roughly eight weeks of serious training for one day of glory.

To begin training for the show the trio had to undergo a strict diet and workout schedule to get in top shape for the competition. The competition was a "natural" event, which requires all participants be tested for performance enhancing drugs, such as steroids.

"We would usually start our first workout of the day around 5 a.m.," said Ricardo, who tied for 3rd place in the open category. "We would also practice posing and flexing and do (cardiovascular) work in the afternoon or evening."

Since the Marines worked out nearly every day in the two months prior to the competition, they had to create a diet that would

complement their workout schedule.

"Everything was high protein, low carbs and low fat all the time," said Ricardo.

Maintaining this diet turned out to be very rewarding for the bodybuilders, according to Goco, who took 4th place in the novice category.

"The championship was very competitive, but the biggest competition was with myself," said Goco. "It was a great victory knowing that I didn't cheat on my diet the whole time, and the rest of the team was very helpful with that."

Even though the Marines were on stage individually during the competition, bodybuilding is as much of a team effort as any sport, according to Williams.

"Bodybuilding is hard and requires a lot of discipline, and that is why you have to

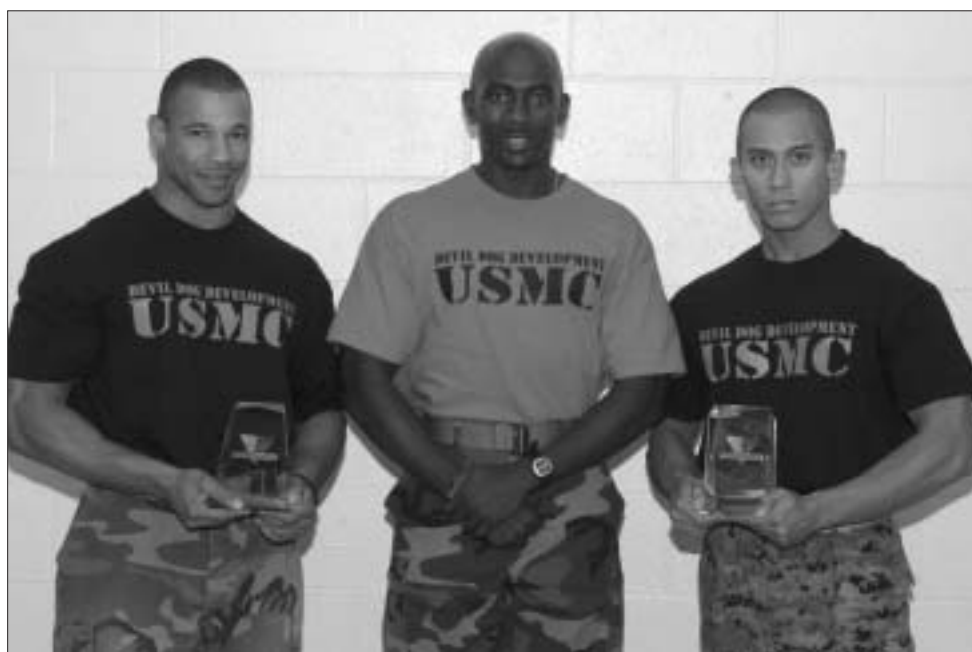
have your team there to push you on the days when your diet gets tough, or encourage you to do one more repetition," Williams said. "With the competition three of us went and two won trophies, so as a team we won."

Since the team was still in such great shape after training for the Muscle Mania World Championship, they entered the Natural Mr. Universe Bodybuilding Competition in Hollywood, Calif., where Ricardo took first place in the open men's overall category and the professional men's overall category, and Goco took first place in the novice category.

For more information on Devil Dog Development call Gunnery Sgt. Ricardo at 577-9117 or Staff Sgt. Williams at 577-8874.

'We would usually start our first workout of the day around 5 a.m. We would also practice posing and flexing and do (cardiovascular) work in the afternoon or evening.'

Gunnery Sgt. Philip Ricardo



Gunnery Sgt. Philip Ricardo, Staff Sgt. Stephan Williams and Lance Cpl. Jeremy Goco, show off the trophies that Devil Dog Development won during the Muscle Mania Natural World Championship in Redondo Beach, Calif. Photo by Cpl. Jeff Zaccaro



Marines doing the Turkey run

Runners took to the Miramar roads as the Marine Corps Community Services Fitness Department hosted the 2003 5K Turkey Trot Classic, Nov. 20, in conjunction with the Great American Smokeout. The free event conducted a raffle in which 40 turkeys, assorted pies and hams were given away. Four separate drawings for two big turkeys and two pies were raffled to pre-registered participants.

Throughout the course giant feathers were placed. Those who brought one back were given a certificate for dinner at Acapulco's Restaurant. The person who found and brought back the yellow feather received two tickets to Sea World. All winners in each division received a trophy and a certificate for dinner at Acapulco's. Photo by Cpl. James S. McGregor

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Chapel weekly schedule of events

Holy Family Catholic Community

- ♦ Christmas Eve, 6 p.m., Christmas Day, 11 a.m. holiday mass.
- ♦ Rosary: 10:30 a.m. Sunday.
- ♦ Confession: 10:15 a.m. Sunday or for appointments call Father Berchmanz at 577-1333.
- ♦ Religious classes for children for first communion, confirmation: 9:30-10:45 a.m. Sunday
- ♦ Youth gathering and planning following mass Sunday
- ♦ Baptism: Normally the first Sunday of the month. Call chaplain's office for details.
- ♦ Marriage: Call chaplain for details at least six months before wedding.
- ♦ Instruction in the Catholic faith (RCIA). Call chaplain's office for details.
- ♦ Scripture Class: 7 p.m. Wednesday in Chapel classroom.
- ♦ Choir Practice: 6 p.m. Wednesday in Main Chapel.

Liturgical Christian

- ♦ Sunday: 8 a.m. worship, Choir rehearsal at 9 a.m.
Liturgical worship at 9:30 a.m. Christmas Eve 8 p.m. holiday mass.
Adult/Youth/Children Bible study at 10:45 a.m.
- ♦ Tuesday: Morning prayer group (Room 4) at 6 a.m.
Contemporary Gospel Service at 7:30 p.m.
- ♦ Wednesday: Crafts and conversation at 9 a.m. Free childcare provided.
Women's bible study at 10: 45 a.m.
Baptist service at 7 p.m.
- ♦ Thursday: Liturgical choir rehearsal at 7:30 p.m.
- ♦ Friday: Baptist bible study at 7 p.m.

Jewish

- ♦ First Friday of the month at MCRD San Diego at 7 p.m.
- ♦ Last Friday of the month in Edson Range Chapel Camp Pendleton at 7:30 p.m.

Technology Expo opens at O'Club

The MCAS Miramar Technology Expo will take place Thursday at the Officers Club here from 10 a.m. to 2 p.m. and is open to all MCAS Miramar and Tenant Activity Personnel.

Many different industry leading manufacturers, developers and systems integrators will be exhibiting the latest in several technology areas including media conversion, monitor suspension, audio/visual system integration, scalable automated tape libraries,

field deployable UNIX notebooks, information technology training/solutions, connectivity solutions, integrated turnkey solutions, communications tools and more.

Free food will be provided and there will be giveaways while supplies last.

For further information, contact Jamie Capalbo at (301) 596-8899, ext. 214.

Semper Fit Center closes for repairs

The new Semper Fit Center will be closed through Jan. 12 for major roof and heating,

Free movies from MCCS

Friday	Sunday
Lost in Translation Beyond Borders Cold Creek Manor	(R) 4:30 p.m. Good Boy (R) 6:30 p.m. School of Rock (R) 9:00 p.m.
Saturday	Wednesday
Good Boy The Rundown Out of Time	(PG) 2:00 p.m. Kill Bill Vol. 1 (PG-13) 6:30 p.m. (PG-13) 8:30 p.m.

The Station Theater is equipped with a 35 mm projection system and Dolby digital surround sound. All movies are free for DoD ID card holders and their guests. For movie synopses see the current theater flyer or call 577-4143.

ventilating and air conditioning repairs.

The Main Gym and the Barn Fitness Annex will remain open as usual.

Most fitness classes will be relocated to the Main Gym.

For more information call the Fitness Annex at 577-6042.

Free career training to military spouses

Shift your career into high gear! Our Career Advancement Center offers free valuable training for in-demand jobs with high growth potential.

Call your local Career Advancement Center to find out more about getting trained for your dream job, career counseling and job search assistance. Eligibility determination is required.

Sign up for our Spouse Orientation Class held Tuesdays and Thursdays in building

5305 at the Career Resource Center.

Holiday door decorating contest

Interested in winning some cash for yourself or your unit? Be sure to sign up for the 2003 Holiday Door Decorating Contest.

The contest is open to all unit commands and barracks. Unit winners will have funds applied to squadron funds. Barracks door winners will keep the funds for themselves. Doors will be judged on theme, originality, creativity and overall presentation. Active duty personnel only. Entry deadline is 1 p.m., Tuesday. You must register in advance. Judging will take place Dec. 11. Winners will be notified Dec. 12. To register or for more information stop by the Great Escape or call Alisa Hertzler at 577-6283.

CFC, continued from page 2

but the level of giving in these units is a testament to the superior efforts made by the coordinators and the strong backing shown by their commands.

3rd Marine Aircraft Wing Headquarters, Marine Heavy Helicopter Squadron 466, HMM-465, Marine Medium Helicopter Squadron 364, Marine Helicopter Training Squadron 303, Marine Air Control Squadron 1 Air Traffic Control Detachment B, Marine Aviation Logistics Squadron 11, Marine Air Support Squadron 3, Marine Wing Support Squadron 372, Naval Consolidated Brig, Marine Fighter Attack Squadron 225 and VMFA-242 have raised their participation rates and surpassed the totals raised from last year's campaign.

It is not too late to make a contribution to the charity of your choice. Take advantage of the CFC service and bring charitable giving to your workplace.

Election, continued from page 2

mation they need to exercise their right to vote and preserve this vital part of the freedom they defend!

Marine Corps Staff Sgt. Trevor P. Allen,

winner of the FVAP Voting Slogan Contest, is right on target with his slogan, "Our Country, Our Leaders, Our Choice, Vote!" Exercise your right to vote.

Semper Fidelis.

Infamy, continued from page 3

mental amount of damage had already impacted the United States and it would only get worse as the morning wore on.

The Marine Air Base at Ewa lost every single plane during the first Japanese attack. Japanese aircraft flew in under 1,000 feet and destroyed the aircraft parked near the runways. Marines, pilots and crewmen, ran to their ruined planes to assess the damage, draw them out of harms way and get into the air, but the Japanese bombers returned repeatedly to accomplish their mission of total destruction.

Within two hours 3,500 Americans were killed or wounded, 350 aircraft were destroyed or damaged, and all eight ships of the Pacific Fleet were either sunk or badly damaged.

In what some perceive as a twisted tale, the United States was at peace with Japan and in liaison with their government in an effort to maintain peace in the Pacific when



Future unmanned vehicle in testing

MARINE CORPS BASE QUANTICO, Va. — The Tactical Unmanned Ground Vehicle, or Gladiator, is designed to support dismounted infantry and combat engineers during the performance of their mission, across the spectrum of conflict and range of military operations. *Photo by Marine Corps Systems Command*

the attack on Pearl Harbor began. One hour after the raid began, the Japanese ambassador to the United States delivered a formal reply to a recent American message to the Secretary of State. The reply stated that Ja-

pan viewed continuing diplomatic negotiations with the U.S. as useless, but nothing hinted at the travesty that occurred Dec. 7, 1941, the day that lived in infamy.